OCTOBER 2022 - CHOOSE YOUR PATH OCTOBER 2022 - CHOOSE YOUR PATH OCTOBER 2022 - CHOOSE YOUR PATH



Your partner. Your path.

LUNCH AND LEARN WEBINARS IN OCTOBER @ NOON

A variety of topics & presenters!

- THE SAVVY COMMUTERS' GUIDE TO SAVING TIME, MONEY & THE ENVIRONMENT Thursday, October 6. Hosted by the UVM Transportation Research Center, Vermont Clean Cities Coalition & Net Zero Vermont
- THE SCIENCE OF NUTRITIONAL

 PSYCHOLOGY Friday, October 21.

 Hosted by EDGE Preventative Health, exploring how nutrition impacts both the mind and body.
- CANCER PREVENTION & SELF-CARE
 WEBINARS
 Hosted by UVM Health
 Network Wellness & presented by
 Jolene Hart, CHC.
 - EATING TO FEEL YOUR BEST IN AUTUMN AND WINTER Wednesday, 10/12 12-12:45pm
 - BUILDING A HEALTHIER
 SELF-CARE ROUTING
 Thursday, 10/13 6-7:15pm

EMPLOYEE WELLNESS CHAMPION

Do you know a UVM Employee who is on the path to wellness?



Nominate them to win a \$200 gift card to continue the path!

Nominations are welcomed through 10/13

Complete this <u>form</u> & tell their story!

CAMPUS REC

Employee Wellness Group Fitness classes are ALWAYS FREE TO EMPLOYEES – check it out!

Schedule adjustments this month...

Tuesday Noon Yoga moves to Wednesday &

NEW Cycling class Friday 4:45-5:30 begins 10/14

FOOD & MOOD

Join the EDGE Preventative Health team for a 6-week virtual program with a dietician to support your mental health and well-being through nutrition. Begins October 13.

Details & Registration Here

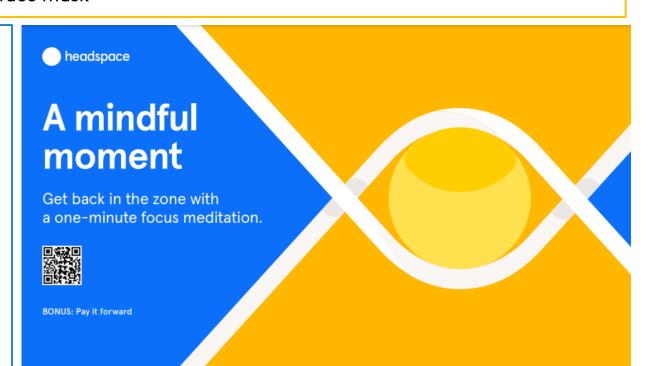
FLU SHOT CLINICS FOR EMPLOYEES - SIGN UP HERE

- 5 clinics on campus starting 10/13
- Choose the day, location, & time that works for you!
- fully complete the sign-up form including insurance information
- Bring your signed copy for the <u>Patient Financial Agreement</u>, your Insurance Card & a face mask

FOCUS

Headspace has many tools to help you focus. Try this Worry Release Worksheet to dump everything that's bothering you.

Sign up here





For more information about UVM Employee Wellness,

visit the website at www.uvm.edu/hrs/wellness

and join our <u>list serve</u> to receive the latest news.



FINANCIAL WELLNESS RESOURCES

Invest EAP

<u>Calming Our</u>
 <u>Anxiety About</u>
 <u>Money</u>

New England Federal Credit Union (NEFCU)

<u>Financial Learning</u>
 <u>Webinars</u> for all
 levels of experience